

July 2021

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OBJECTIVES

- 1. Recognize the signs and symptoms of mental illness
- 2. Explain treatment options for mental illness
- 3. Describe the home care aide's role in helping patients manage symptoms and illness
- 4. Discuss stigma and discrimination against individuals with mental health issues

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MODULE 19-A

SIGNS AND SYMPTOMS OF MENTAL ILLNESS

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Physical and Emotional Issues

- As a home care aide, you will work with patients with many different physical ailments and conditions.
- One's physical issues cannot be separated from one's psychological issues.



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Handout #1 Key Terms and Definitions



Activity #1
Words Are Important

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Depression and Anxiety

 The home care aide may encounter patients with depression and anxiety more than other mental health conditions



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Activity #2

Common Phobias



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Schizophrenia and Bipolar Disorder

 Schizophrenia is a mental condition in which the person has an altered sense of reality



- Bipolar disorder
- Manic episodes
- Depressive episodes

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Other Mental Health Conditions

- Substance use disorder
- Eating disorders
- Binge Eating Disorder
- Anorexia nervosa
- Bulimia Nervosa
- Personality disorders



MODULE 19-B

POSSIBLE TREATMENT OPTIONS

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Therapy Options

- Individual psychotherapy
- Group psychotherapy
- Family psychotherapy
- Art therapy
- Occupational therapy
- Equine therapy
- Pet therapy



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MEDICATION

 Medications treat symptoms and are not a comprehensive treatment for mental health conditions



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Combining Treatments

 Individual Therapy + Medications lead to better outcomes



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MODULE 19-C

THE HOME CARE AIDE'S ROLE IN HELPING PATIENTS MANAGE SYMPTOMS AND ILLNESS

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Meeting Mental Health Needs

- The home care aide is there to help meet the patient's needs
- This includes mental health needs
- Never give advice or play the role of the therapist in the patient's life



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Handout #2

DEFENSE MECHANISMS



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More Ways For The Aide To Help

- Be sure the patient:
- Gets plenty of rest
- Eats balanced meals
- · Stays mentally active
- Participates in activities
- Spends time with others
- Be sure to take care of yourself



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Stigmatization and Discrimination (1)

- Stigmatization and discrimination against the mentally ill have occurred for thousands of years
- People with mental illness were imprisoned, tortured, or killed
- Middle Ages
- Age of Enlightenment
- · Late Modern Era



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Stigmatization and Discrimination (2)

- · Recent mental health discrimination
 - -Given same social distancing as criminals
 - -Viewed as people who should be feared
 - -Seen as irresponsible, childlike, unable to make decisions
 - -Less likely to be hired or get safe housing
 - -More likely to be treated as criminals than offered health care services
 - People with mental illness do not get help because they are afraid of rejection by society or even loved ones

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REJECTING STEREOTYPES

- Knowing facts about mental health issues can help you educate others and reject stigmatizing stereotypes
- Each individual has their own story, path and journey that says more about them than their diagnosis does; first comes the person, then comes a diagnosis.



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Even though mental health conditions affect millions of people from every background and age group, it is still misunderstood and highly stigmatized in our society. If you practice person-first language and educate yourself and others, you can contribute to decreasing the stigma and discrimination against persons with a mental illness. As always, never judge your patients or treat them differently due to their illness or condition.

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